

Supplementary Table 1. Baseline Characteristics of Study Subjects by Tertiles of L/A Ratio

	Serum L/A ratio			<i>p</i> value
	Tertile 1	Tertile 2	Tertile 3	
Men				
Serum L/A ratio, mg/g	<0.391	0.391–0.748	≥0.749	0.130
Age, yrs	56.7±8.0	56.4±8.0	55.3±7.8	<0.001
Waist circumference, cm	88.3±6.1	91.2±5.5	94.6±5.7	<0.001
Body mass index, kg/m ²	24.7±2.4	26.0±2.1	27.6±2.5	0.518
Systolic BP, mm Hg	135.4±18.5	134.6±17.0	134.1±17.0	0.797
Diastolic BP, mm Hg	88.4±11.9	87.6±9.9	88.7±11.7	0.285
Fasting glucose, mg/dL	105.2±29.6	106.1±22.2	108.5±24.6	0.489
HDL cholesterol, mg/dL	40.0±10.4	39.5±8.8	39.2±8.0	0.491
LDL cholesterol, mg/dL	113.5±33.9	114.0±36.3	116.3±32.4	0.053
Triglycerides, mg/dL	194.0 (150.5, 263.0)	211.0 (160.0, 262.0)	212.0 (153.0, 283.0)	0.137*
hs-CRP, mg/L	1.00 (0.60, 2.02)	1.36 (0.77, 2.31)	1.44 (0.80, 2.68)	0.011*
HOMA-IR, units	1.68 (1.32, 2.06)	2.05 (1.65, 2.70)	2.70 (2.03, 3.70)	<0.001*
Leptin, ng/mL	2.10 (1.56, 2.65)	3.11 (2.33, 3.95)	4.91 (3.54, 6.59)	<0.001*
Adiponectin, µg/mL	8.22 (6.26, 11.43)	5.71 (4.59, 7.01)	3.84 (2.84, 5.32)	<0.001*
Diabetes [†] (%)	27 (18.8)	29 (20.3)	34 (23.6)	0.584
Hypertension [‡] (%)	106 (73.6)	117 (81.8)	120 (83.3)	0.089
Current smoker (%)	57 (39.6)	47 (32.9)	58 (40.3)	0.359
Current drinker (%)	96 (66.7)	101 (70.6)	107 (74.3)	0.364
Regular exercise (%)	39 (27.1)	39 (27.3)	37 (25.7)	0.947
No. of metabolic syndrome components	3.32±0.51	3.54±0.68	3.75±0.75	<0.001
Women				
Serum L/A ratio, mg/g	<0.813	0.813–1.501	≥1.502	
Age, yrs	59.2±7.3	56.7±8.2	55.9±8.5	<0.001
Waist circumference, cm	84.1±7.1	87.9±6.6	90.9±7.0	<0.001
Body mass index, kg/m ²	24.8±2.4	26.9±2.5	28.5±3.1	<0.001
Systolic BP, mm Hg	135.7±15.7	135.1±17.8	134.0±17.6	0.316
Diastolic BP, mm Hg	87.7±9.9	86.7±10.7	86.9±12.2	0.478
Fasting glucose, mg/dL	103.2±35.3	100.7±21.4	99.5±19.7	0.159
HDL cholesterol, mg/dL	43.2±8.7	43.7±8.9	42.5±7.6	0.425
LDL cholesterol, mg/dL	125.4±35.9	130.1±30.2	132.6±39.6	0.044
Triglycerides, mg/dL	167.0 (124.5, 216.0)	173.0 (131.5, 220.0)	182.0 (142.0, 254.0)	0.005*
hs-CRP, mg/L	0.88 (0.47, 1.63)	1.16 (0.69, 1.91)	1.68 (0.96, 3.03)	<0.001*
HOMA-IR, units	1.74 (1.40, 2.26)	2.09 (1.71, 2.76)	2.57 (1.98, 3.49)	<0.001*
Leptin, ng/mL	6.36 (4.78, 8.08)	10.09 (8.38, 13.02)	15.30 (12.35, 19.54)	<0.001*
Adiponectin, µg/mL	12.35 (10.19, 14.97)	9.48 (7.22, 11.62)	6.63 (4.85, 8.22)	<0.001*
Diabetes [†] (%)	29 (14.8)	42 (21.5)	31 (15.9)	0.169
Hypertension [‡] (%)	164 (83.7)	156 (80.0)	156 (80.0)	0.561
Current smoker (%)	2 (1.0)	4 (2.1)	2 (1.0)	0.600
Current drinker (%)	37 (18.9)	38 (19.5)	39 (20.0)	0.961
Regular exercise (%)	37 (18.9)	61 (31.3)	51 (26.2)	0.018
No. of metabolic syndrome components	3.33±0.55	3.58±0.70	3.71±0.72	<0.001

BP, blood pressure; HDL, high-density lipoprotein; LDL, low-density lipoprotein; hs-CRP, high sensitivity-C reactive protein; HOMA-IR, homeostasis model assessment of insulin resistance; L/A ratio, ratio of serum leptin to adiponectin.

Values are expressed as mean (SD), number (%), or median (25th, 75th percentiles).

**p* value from Kruskal-Wallis test, [†]Diabetes is defined as fasting serum glucose ≥126 mg/dL or current usage of antidiabetics, [‡]Hypertension is defined as systolic BP ≥140 mm Hg or diastolic BP ≥90 mm Hg or current usage of antihypertensives.